

Enfield Senior Center
299 Elm Street
Enfield, CT 06082
860-763-7425

2012-2013 ANNUAL REPORT

**CELEBRATING THE 10TH
ANNIVERSARY OF THE SENIOR
CENTER AT ELM STREET!**



As a focal point for aging services, the Enfield Senior Center provides social, educational, and recreational opportunities to enrich the mind, body and spirit of older adults in an open and accepting atmosphere.



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Director of Enfield Senior Center

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Elaine Olson, Admin. Assistant
Cynthia McGuire, Admin. Assistant
Nancy Darrah, Program Coordinator
Jaime Ingaran, Program Coordinator
Irene Giampetro, Facilities Assistant
Edgar Robinson, Facilities Assistant
Laurie Crisafi, Fitness Assistant
Antonio Costa, Fitness Assistant
Michele Tolo, Fitness Assistant

Contact Information

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Visit us on Facebook



A Note From the Director

The Enfield Senior Center opened the door to the Elm Street facility in June of 2003. This year we celebrated our 10th Anniversary. We have seen tremendous growth. Programs have expanded, more residents are being served, and revenue is increasing.

During this fiscal year, we have introduced new fitness options while continuing to offer our very popular classes. A walking trail has been built on the grounds and many residents are using the path for exercise in the fresh air. We partnered with AARP and Hartford Hospital to offer programs that keep Enfield residents driving safely. To keep residents trained in the latest technology, we offered more tablet classes and smart phone training.

As you look through this annual report you will notice the large number of volunteers, community partners and financial contributors. You will see new programs and long-running activities. We have a dedicated staff and loyal participants.

I am proud to have been a part of the ten years in this beautiful facility and look forward to the exciting years ahead.

Sincerely,
Susan Lather
Director, Enfield Senior Center

Accomplishments

The Enfield Senior Center is a nationally accredited focal point for aging services offering a wide variety of programs and services. Those who attend senior center exercise programs report a high level of health, social interaction and life satisfaction. The Enfield Senior Center connects community older adults to vital services including nutrition, benefits counseling and information and referral, provides fitness and wellness activities and helps older adults stay healthy and independent.

- **Increased training options to keep people driving safely longer**

- ✓ Offered CarFit in partnership with AARP CT to have an occupational therapist fit drivers to their cars and recommending changes and safety devices.
- ✓ Continue to partner with the Injury Prevention Program at Hartford Hospital to provide Mature Driver Safety Program.

- **Introduced new options for staying healthy and fit**

- ✓ Worked with Planning and Zoning Department to implement a Department of Energy and Environmental Protection grant for a Senior Center Walking Trail.
- ✓ Improved personal training options with a TRX, Battling Ropes and Kettlebells
- ✓ Offered a training class on Stability Balls and Kettlebells.

- **Increased technology class offerings to keep older adults current with latest computer, tablet and cell phone use**

- ✓ iPad, iPhone and Kindle classes.
- ✓ New Shutterfly class to increase creative class offerings on the computer.

- **Offered additional assistance programs**

- ✓ Elder Fall Prevention Workshop offered with St. Francis Hospital Injury Prevention Program.
- ✓ Evidence-based caregiver support program, Powerful Tools for Caregivers, offered through partnership with Mt. Sinai Rehabilitation and St. Francis Hospital.
- ✓ SNAP Enrollment opportunities.
- ✓ Revised information and referral booklet to update information and improve the process.

- **Celebrated our 10th Anniversary with a festive party**

- **Increased revenue**

Financials Year-end

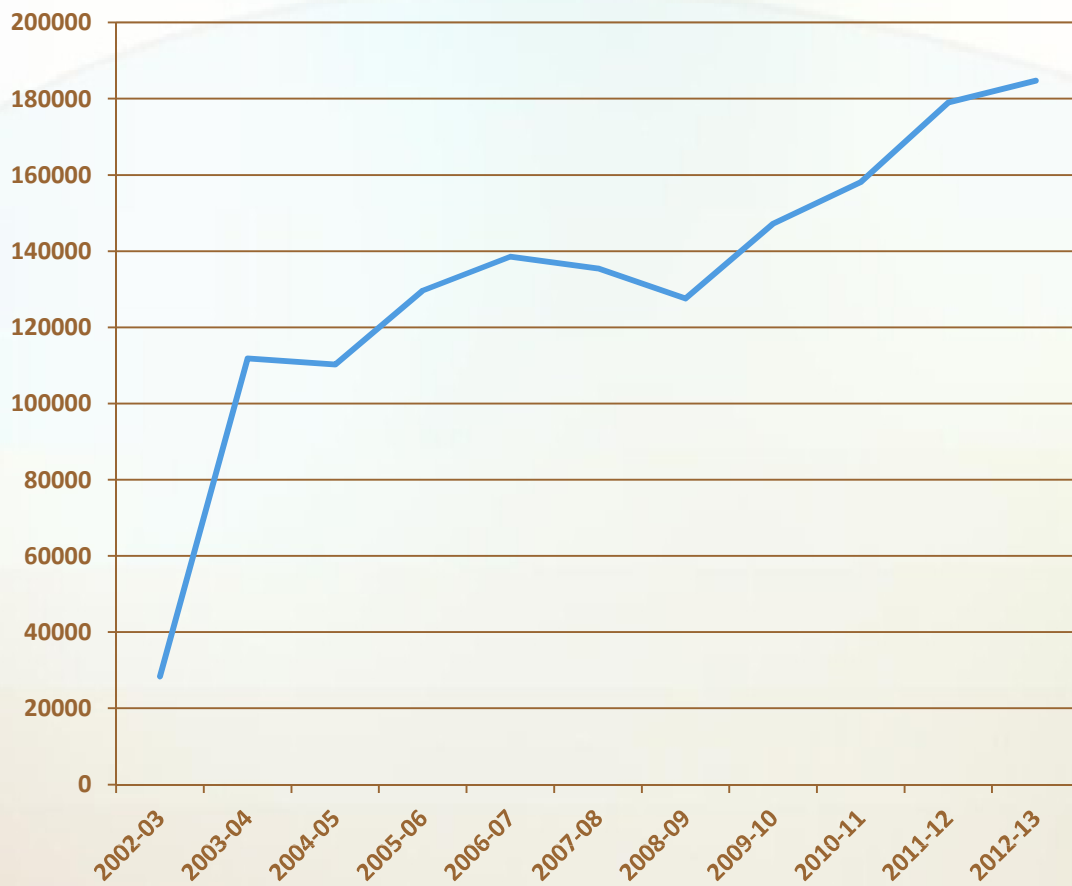
Senior Center Fund Revenue

| | |
|-------------------------------|---------------------|
| Recreational Program Fees | \$55,156.05 |
| Client Fees | \$112,331.19 |
| Sales - Cash | \$13,896.34 |
| Misc. Contributions/Donations | \$34,879.35 |
| Senior Center Revenue | \$216,262.93 |
| General Fund Transfers | \$244,980.71 |
| Total | \$461,243.64 |

Senior Center Fund Expenditures

| | |
|--------------------------------|---------------------|
| Salaries | \$159,656.98 |
| Salaries - Part Time | \$69,433.40 |
| Stipend | \$1,006.20 |
| Health/Medical Insurance | \$60,742.08 |
| Life Insurance/Disability | \$782.40 |
| Social Security (FICA) | \$13,874.21 |
| Medicare | \$3,244.27 |
| Workers Compensation | \$4,448.00 |
| Professional Development | \$515.00 |
| Technological Services | \$1,500.00 |
| Other Professional Services | \$70,987.25 |
| Equipment Repair & Maintenance | \$830.00 |
| Telephone | \$10,670.00 |
| Postage | \$14,890.99 |
| Advertising | \$322.78 |
| Printing & Reproduction | \$252.95 |
| Copy & Reproduction | \$2,286.28 |
| Travel | \$371.45 |
| Instructional Supplies | \$4,349.85 |
| Office Supplies | \$1,902.11 |
| Technology Supplies/Materials | \$1,363.01 |
| Other Supplies/Materials | \$929.88 |
| Food/Food Related | \$36,059.77 |
| Publications & Periodicals | \$475.28 |
| Dues & Fees & Subscriptions | \$199.50 |
| Licenses & Certifications | \$150.00 |
| Total | \$461,243.64 |

Revenue



Educational Seminars

- VA Assisted Living Benefits
- How to Avoid the Greatest Financial Dangers Retirees Face
- What Veterans Need to Know
- History of Opera
- How to Avoid the Top IRA and 401K Legacy Planning Mistakes
- Understanding Social Security Benefits
- Navigate a Course for Long Term Care
- Grief During the Holidays
- The Probate Process
- Economic Survival in 2012/2013
- Today's Real Estate Market: What You Need to Know About Selling Your Home
- Tax Preparation Tips
- All About Camp Conri
- How to Protect Your Assets From Nursing Home Costs Even Without Long Term Care Insurance
- SNAP and Medicaid Application Assistance
- New Traffic Laws
- QPR Suicide Prevention Training
- IRA's and 401K's: How to Leave Your Retirement Assets to Loved Ones Instead of the IRS
- Safe and Secure in Your Home
- Identifying & Preventing Consumer Scams
- Medicare 101
- Coin Collecting
- Medicare & Medicaid and Health Care Services

Health & Wellness Seminars

- Medication Safety
- Healing the Gut
- Dental Screenings
- Keeping Your Heart Healthy
- Common Foot Problems
- 10 Warning Signs of Alzheimer's Disease
- Tired of Counting Sheep? What Happens When We Sleep?
- Living with Alzheimer's Disease for Younger-Onset Alzheimers
- How the Eye Works
- Elder Fall Prevention
- Eye Care Bingo
- Physical Therapy for Vertigo
- Aging in Place
- ABC's of Diabetes Care
- Low Back Pain
- Balance Changes with Aging
- Cancer – Facts & Myths
- Arthritis Care
- Introduction to Reiki
- Finding Freedom from Hip & Knee Pain
- Maintaining Your Balance
- WellCare BINGO
- Arthritis Management and Joint Replacement
- Powerful Tools for Caregivers

Health & Wellness Support Groups & Screenings

- Alzheimer's Caregiver Support Group
- Bereavement Support Series
- Blood Pressure Screenings
- Better Breathers Club
- Diabetes Support Group
- Foot Care – Evenings & Days
- Gluten-Free Support Group
- Hearing Loss Support Group
- Hearing Screenings
- Oral Cancer Screenings
- Stroke Support Group
- Take Off Pounds Sensibly

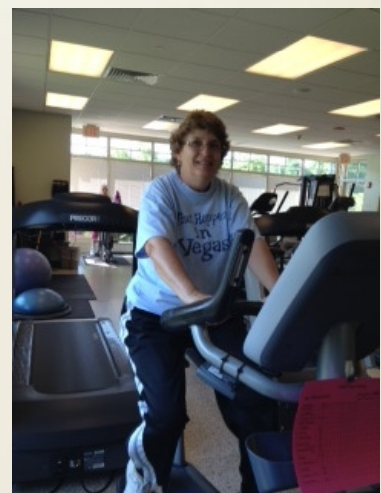


Blood Pressure Screening



Health & Wellness Additional Programs

- Chair Massage & Reflexology
- Ask the Physical Therapist 
- Community Café, Nutrition Program, Meals on Wheels Nutrition Program
- Fitness Classes
- Flu Shot Clinics
- Medical Equipment Loan Closet
- Prime Fitness Health Club



Prime Fitness Health Club

Additional Programs

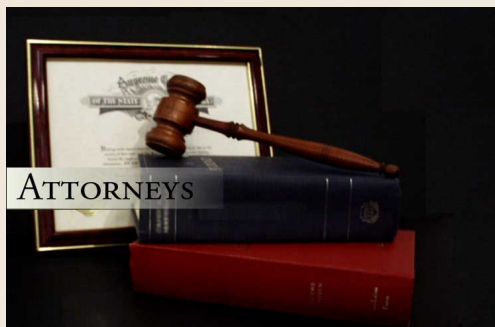
- AARP Driver Safety Course
- CarFit 
- North Central Re-employment Group
- Ask The CPA 
- Ask the Financial Planner 
- Ask the Lawyer
- Legal Consultation 
- Mature Driver Safety Program Screening 



Mature Driver Safety Program



Financial Planning



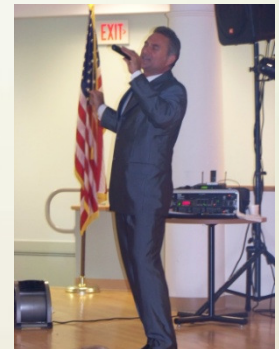
Ask The Attorney Program

Entertainment & Special Events

- The Wonderful World of Jimmy Mazz
- Jimmy Buffet Tribute
- Goldtones Summer Concert
- The Skid Marks
- Apple Harvest Dinner Dance
- 9th Annual Firefighters' Picnic
- Corvettes Doo Wop Revue
- The Glamour Girls
- Polish Heritage Celebration
- Paul Bisaccia in Concert
- Holiday Craft & Bake Sale & Lion's Club Pancake Breakfast
- Veterans' Tribute
- Goldtones' Holiday Show
- Tribute to the Platters Featuring Tony Funches
- Holiday Afternoon Dance
- Happy Holiday Luncheon & Hot Chocolate Social
- The Dave Colucci Variety Show
- Duets with Donna Lee and Bill Shontz
- Baby Boomer Night
- St. Patrick's Day Dinner and Entertainment
- Spring Craft and Bake Sale
- Line Dance Jamboree
- Red Satin – 12 Piece Band
- Beatles for Sale
- Edwardian Tea
- Enfield Police Senior Picnic
- Senior Center 10th Anniversary Celebration
- Volunteer Appreciation Dinner
- Afternoon Ballroom Dances
- Monthly Movie Night



Baby Boomer Night



Jimmy Mazz Performance



St. Patrick's Day Dinner

Groups & Clubs

- AARP Chapter 3062 Meetings & Events
- Billiards Group
- Book Discussion Group
- Busy Fingers Group
- Card Groups – Bridge, Canasta, Cribbage, Pinochle, Setback, Hand & Foot
- Commission on Aging
- Craft Fair Crafters
- Current Event's Discussion Group
- Dominoes
- Embroidery Group
- Enfield Quilters Guild
- Enfield Single Seniors
- Goldtones Choral Group
- Heritage Group
- Investment Club
- Italian Conversation Group
- Mahjong
- Polish Conversation Group
- Re-employment Group
- Sassy Sewers Group
- Scrabble
- Train Club
- Wii Bowlers Group
- Woodcarvers Group



Billiards Group



Dominoes Group



Heritage Group

Fitness Classes

- Beginner Tap
- Chair Exercise
- Jan's Exercise (1, 2, or 3 day options)
- Introduction to Kettlebells New
- Laughter Yoga Workshop
- Line Dancing - Introduction, Beginner, Advanced, Intermediate
- Pilates
- Simply Stretch & Strengthen
- Stability Ball Core Workout New
- Stretch, Roll & Strengthen
- Tai Chi - Introduction, Advanced Beginner, Intermediate, Tai Chi Chih
- Yoga - Gentle, Intermediate, Evenings
- Zumba Gold - Chair & Standing



Monday Night Zumba



Stretch, Roll & Strengthen

Craft Classes

- Art for the Non-Artists
- Basket Making – Hanging Wall, Heritage, In the Pink, Multi-colored Oval, Market, Mini with Scallop Edge, Planter, and Woven Handle Baskets
- Card Making
- Ceramics
- Chinese Watercolor
- Creative Doodling, 101, 102, 103
- Jewelry - Morning & Evening & All Day Workshops
- Look, See, Draw
- Mosaic Bowling Ball
- Scrapbook Workshops & Classes

New

New

New



Crocheting



Card Making Class

SeniorNet Computer Learning Center Classes

- Basic Computer Skills
- Beyond Basics
- Calling Cards
- Computer Help – Open Session
- Computers for Late Bloomers
- Computer Keyboard Skills
- Everyday Uses for MS Excel 2007
- File Management
- Fun & Fitness for the Brain
- How to Attach a Picture or File to an E-mail
- How to Buy a Computer
- Introduction to Apple Mac I & II
- Introduction to Email
- iPad User Group
- iPad – Introduction
- iPhone – Introduction
- MS Office 2007 – New Features
- Picasa Web Albums
- The Wonders of Google
- More Wonders of Google
- Navigating Your Kindle Fire
- Scanning & Basic Photo editing
- Shopping the Internet
- Shutterfly
- Snipping Tool – Cut & paste from the Internet
- T-Shirt Transfers
- WordPad



Shutterfly Class



Trips

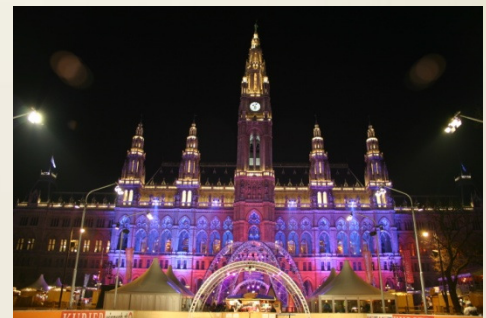
- Block Island
- Saratoga at the Races
- Baltimore/Washington DC
- Lady Katharine Cruise
- Green Mountains Vermont
- NY Botanical Garden
- Long Island Wine, Claw & Cruise
- Maine Coast Rail & Sail
- Osmond Brothers
- California Coast
- Oktoberfest
- Charleston, Savannah, Jekyll Island
- Ireland
- World Trade Center Memorial
- Vienna Boys Choir
- Brandywine Christmas
- Williams Inn
- Boars Head Festival
- Million Dollar Quartet
- Eastern Caribbean Cruise
- UCONN Women's Basketball
- Rhode Island Spring Garden Flower Show
- American Quilt Show
- The Beatles with Rain
- Cherry Blossom, Washington, DC
- "Imperial Cities"
- 3-Day Noah Sight & Sound
- Texas Tenors @ Foxwoods
- Nashville & The Great Smoky Mountains
- Billy Elliott the Musical @ the Bushnell
- CT River Rambler & Kringle Candle



Rhode Island Flower Show



Cherry Blossoms, Washington, DC



Vienna

Community Partners

AARP 3062
Able Care Pharmacy
Aetna Medicare
Allied Attic
Allied Rehabilitation Services
Always Best Care Sr. Services
Alzheimer's Association
American Cancer Society
American Diabetes Assoc.
ARC of Greater Enfield
Area Agency on Aging, CT, North Central
Arthritis Foundation
Asnuntuck Community College
Athletic Hall of Fame
A to Z Moving and Storage
Attorney Marcia Hess
Attorney Neil Kraner
Autumn Fields
Baio Insurance Agency
Bath Fitters
Bickford Health Care Center
Bickford's
Big Y
Bill the Handyman
Blair Manor
Bluebird Estates
Browne Funeral Chapels
Bullock Access
Burger King
Carmon Funeral Homes
Central Physical Therapy, Inc.
CHOICES
Collette Vacations
Comfort Keepers
Common Ground Rotary Garden
Community Health Center
Community Renewal Team
ConnectiCare
Costco
Cox Communications
Creative Pear Graphic Design
CT Commission on Aging
CT Department of Corrections
CT Historical Society
CT Medical Supply
Cube Smart
CVS
Danny's Pizza
Domino's Pizza
Dr. Andrew Epstein
Dr. Vasanth Kainkaryam
Dr. Noah Starkey
Drug Shoppe
Dunkin' Donuts
Easter Seals
Eastern Rehabilitation Network
ECHN
Edward Jones Financial Advisors
Enfield Adult Day Center
Enfield Athletic Hall of Fame
Enfield Commission on Aging
Enfield Dial A Ride
Enfield EMS
Enfield Family Dental
Enfield Food Shelf
Enfield Garden Club
Enfield Health Department
Enfield High School
Enfield Housing Authority
Enfield Lions Club
Enfield Police Department

Community Partners

| | |
|-----------------------------------------------|------------------------------------|
| Enfield Press | ITN North Central Connecticut |
| Enfield Probate Court | Jack Welch, CPA |
| Enfield Public Library | Jefferson Radiology |
| Enfield Public Schools | JoAnn Walk |
| Enfield Public Works | John Maciolek American Legion Post |
| Enfield Registrar of Voters | Johnson Memorial Medical Center |
| Enfield Single Seniors | Journal Inquirer |
| Enfield Woman's Club | Kettle Brook Care Center |
| Evergreen Health Care Rehab. | Krause Catering |
| Family Ford | Landmark Tours & Cruises, Inc. |
| Felician Adult Day Care | Leete Stevens Enfield Chapels |
| Fermi High School | Leo Club |
| Friends of the Enfield Sr. Center | Li's Brothers |
| Friendship Tours | Lifeline |
| Gale Toyota | Loaves and Fishes |
| Gold's Gym | Mama Miro's Pizzeria Restaurant |
| Golden Irene Restaurant | Manchester Community College |
| Great American Sr. Benefits | Manchester Pharmacy |
| Greater Hartford Legal Aid | Mark Twain Congregate Living |
| Grey Physical Therapy | Masonicare |
| Growers Direct | Meals on Wheels |
| Hartford Courant | Mental Health Assoc. of CT |
| Hartford Hospital Medical Group | Mercy Hearing Center |
| Healthtrax | Metronic |
| Hear Again Center | Molina's Cafe |
| Henderson Eye Care Center | Nathan Hale School |
| Heritage Hall | National Kidney Foundation |
| Heritage Hall Campus - Genesis Health Care | Network Against Domestic Abuse |
| Home and Community Health Services | New England Bank |
| Home Depot | Nicholson & Carmon Funeral Home |
| Honorable Joe Courtney | North Central Chamber of Commerce |
| Humana, Inc. | Panera Bread |
| In Home Companion Care | Parkway Pavilion Kindred |
| | Peaceful, LLC |
| | Pedi-Care (Footcare) |
| | Phoenix Community Cancer Center |

Community Partners

Planet Fitness
Police Benevolent Association
Primary Eye Care
Propel Wellness
Prudential CT Realty
Quail Run Estates
Raffia Road Service
Red Hats
Red Robin
Rockville Bank
Senator John Kissel
Sr. Center Communications
SeniorNet
SeniorSafe New England, LLC
Shop Rite
SilverSneakers
Social Security
Sophia's Italian Restaurant
St of CT Insurance Dept
St. Francis Care
State Farm
State Rep. David Kiner
Stateline Senior Services (Bill McCloskey)
Stone Insurance of Suffield, LLC
Suffield by the River
Sugar Hill Building & Design
T.O.P.S.
The Bullock Co.
The Community Band
The Country Diner
The Hartford Foundation for Public Giving
The Rotary Club
The Whole Donut
The Women's Club of Enfield

Total Protection Security Systems, LLC
Touchpoints at Chestnut
Tours of Distinction
Town of Enfield Buildings and Grounds, Public Works
Town of Enfield Fire Department
TRIAD
Tyler & Tyler
UConn Pharmacy
UnitedHealthcare
Valued Relationships, Inc.
Verizon Wireless
Visiting Nurse and Health Services
Walgreen's Pharmacy
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